

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

HOMEMAKERS' CHAT

FOR BROADCAST USE ONLY

U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Going My Way?"--Information from the Agriculture Research
Administration, U.S. Department of Agriculture

-oOo-

Workers at the Vegetable Breeding Laboratory in Charleston, S.C., have been experimenting on cabbage for the past several years...and are ready to share their findings.

One important phase of the work concerns the vitamin C content of cabbage. They've known for a long time that this vitamin is a good feature of cabbage...but they have only recently found that the amount can be increased...by selective breeding...and that it may be a more important source of Vitamin C than has been suspected

While this phase of the study may not be of immediate value to the homemaker...other phases are. One deals with the vitamin content of different parts of the cabbage head.

As the season becomes cooler...more vitamin C is produced about the core of cabbages...while as the season becomes warmer...the vitamins accumulate more rapidly in the outer six or wrapper leaves.

Hence homemakers who throw away outside leaves of fall cabbage in winter periods...lose less vitamin C than they lose that way on spring crops.

Tests also revealed that in the May cabbages...there is 2 times more vitamin C in the wrapper leaves than in the leaves of the solid head. In November cabbage the inner or core leaves outyielded the wrappers in vitamins.

And this isn't the only vitamin that travels about in a cabbage...two more... B¹ or thiamine...and B² are present in small quantities...and follow the same procedure. So keep a check on their itinerary...if you want to get full benefits.

Enough vitamin C will keep your body tissues healthier...especially the bones, teeth, and gums. The B vitamins are good for morale...help steady nerves...keep spirits up...and dispel that tired feeling.

And remember--vitamin C cannot be stored in the body. You should eat some every day...and cabbage is one excellent way to keep up your supply.

